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Silene vulgaris

[Synonyms : *Behen vulgaris*, *Cucubalus behen*, *Cucubalus latifolius*, *Oberna commutata*, *Silene behen* var. *cucubalus*, *Silene cucubalus*, *Silene inflata*, *Silene venosa*, *Silene wallichiana*]

BLADDER CHAMPION is a perennial. Native to Asia, Europe (including Britain) and to the Mediterranean, it has small greenish-white flowers.

It is also known as Behen, *Béhen blanc* (French), Bird's eggs, *Blaas-Silene* (Dutch), Bladder silene, *Blæresmælde* (Danish), Bull rattle, Champion, Champion, *Colleja* (Spanish), Cowbell, Cow paps, Devil's rattle-box, Fairy potatoes, Frothy poppy, *Gemeines Leimkraut* (German), Kiss-me-quick, Knap bottle, *Llys y Poer* (Welsh), Maiden's tears, *Měchýřnatka nadmutá* (Czech), *Qasqejza* (Maltese), Rattle bags, Rattle box, Sea pink, *Silenka nadmutá* (Czech), *Sileno ŝvela* (Esperanto), *Smällglim* (Swedish), Snappers, Snappery, Spattling poppy, *Struthi* (Greek), *Taubenkropf* (German), *Taubenkropf-Leimkraut* (German), and White behen.

The flowers are normally pollinated by night-flying moths.

Vulgaris means 'common'.

It is suggested that the name Champion is derived from a Latin word *campus* meaning an 'open plain or field' which is one of the plant's natural homes. A less well-known name for champion is Champion and some authorities suggest this may have arisen because the flowers were found in the chaplets and garlands bestowed on the winners at tournaments and public games.

In Cyprus the fried young shoots are eaten with eggs.